

## **SunSmart - SUN PROTECTION POLICY**

### **Rationale**

- Too much exposure to ultraviolet (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of developing skin cancer. Australia has the highest rate of skin cancer in the world.
- Skin cancers account for 81% of all new cancers diagnosed each year.
- Melanoma is the most diagnosed cancer for 15 to 44 year olds.
- This policy is followed all year round at Bakewell Primary School.

### **Objectives**

The goals of the SunSmart Policy are to:

- Increase student and community awareness about skin cancer and sun protection
- Encourage the entire school community to use a combination of sun protection measures all year round
- Work towards a safe school environment that provides shade for students, staff and the school community
- Assist students to be responsible for their own sun protection
- Ensure that families and new staff are informed of the school's SunSmart Policy
- Create an awareness of the need to reschedule work commitments and outdoor activities to support SunSmart practices.

### **Sun Protection Strategies**

- All students and staff use a combination of sun protection measures throughout the day to ensure they are well protected. Particular care is taken between 10.00am and 3.00pm when UV levels reach their peak.
- The SunSmart Policy is considered when planning all outdoor events. Where possible we have outdoor activities or events earlier in the morning or later in the afternoon or we try to use indoor or shaded venues.

#### **1.Shade**

- The availability of shade is considered when planning excursions and outdoor activities.
- Students are encouraged to use available areas of shade when outside.
- In consultation with the School Board shade provision is considered in plans for future buildings and grounds development.

## **2. Clothing**

- Sun protective clothing is included in our school uniform. School uniform is made of close weave fabric and includes shirts with collars and sleeves which cover the shoulders. The wearing of t-shirts or sunshirts is encouraged for outdoor swimming.

## **3. Hats**

- Students are required to wear a Bakewell Primary School bucket hat to protect their face, neck and ears whenever they are outside.

## **4. Sunglasses (suggested only)**

- Students and staff are encouraged to wear close fitting, wraparound sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

## **5. Sunscreen**

- SPF 50+ broad spectrum, water resistant sunscreen is available for staff and students' use. Sunscreen is available and maybe applied 20 minutes before going outdoors.

## **Role Modelling**

- Staff act as role models by:
  - wearing sun protective hats and clothing outside (sun glasses are suggested)
  - applying SPF 50+ broad spectrum, water resistant sunscreen
  - seeking shade whenever possible
- Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing, hats and sunscreen) when participating in and attending outdoor school activities.

## **Curriculum**

- Sun protection and skin cancer awareness programs are incorporated into all levels of the Primary Curriculum
- Students are encouraged to be involved in initiatives to promote and model sun protection measures to the whole school community.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through the school newsletter, parent meetings, school assemblies, student and teacher activities and on student enrolment.

## **Review**

The School Board and staff will monitor and review the SunSmart Policy every two years and revise the policy as required.

**Effective: Term 4 2019**

**Review: Term 4 2021**